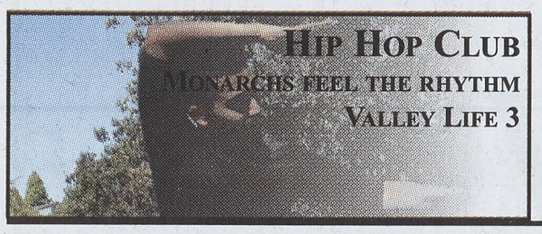
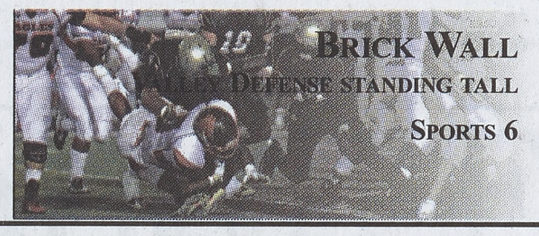
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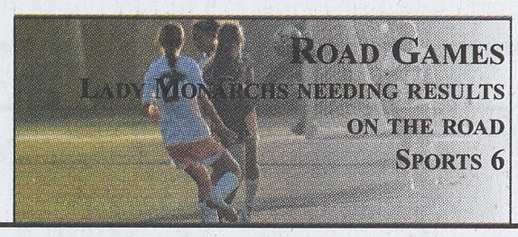
HIP HOP CLUB
MONARCHS FEEL THE RHYTHM
VALLEY LIFE 3



NEW FOOD TRUCK
COME AND EAT THE MIDDLE EASTERN
VALLEY LIFE 4



BRICK WALL
VALLEY DEFENSE STANDING TALL
SPORTS 6



ROAD GAMES
LADY MONARCHS NEEDING RESULTS ON THE ROAD
SPORTS 6

THE VALLEY STAR

THE INDEPENDENT STUDENT NEWSPAPER OF LOS ANGELES VALLEY COLLEGE

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MEN'S WATER POLO



JAY GILLILAND, PHOTO EDITOR/VALLEY STAR

WATER CANNON - Valley's Nate Fernandez can't be stopped from scoring one of his seven goals in the Valley Tournament on Saturday

Monarchs open scoring floodgates

■ **Monarchs wash away Santa Ana College and Cerritos College at Valley tournament on Saturday.**

BY KEVIN BUCKLES
SPORTS EDITOR

Under the Saturday morning heat, the Valley College Men's Water Polo team caught fire in their two games of the Valley Tournament. They glided past the Santa Ana Dons by a 15-4 count and torpedoed the Cerritos College Falcons, 25-7, to extend their winning streak to seven games and improve their record to 10-3.

Valley opened the floodgates early in each contest, submerging each opponent under a double-digit deficit at halftime.

The Monarchs overwhelmed the Dons and Falcons by a combined 40-11; the 40 goals were the most the Monarchs have scored over a two-game span this season.

"We like to start and keep the pressure on them the whole game," said Head Coach Jim McMillan. "If we can start and set the tone right away, that's always good."

In the first game against Santa Ana, the Monarchs not only jumped to a 7-1 lead after the first quarter, but were dominant defensively as well. The Dons were constantly pressured into turnovers by the Monarchs defense, and were never able to establish any rhythm on offense.

Valley closed out the Dons by a final score of 15-4, the ninth time this season they held their opponent under 10 goals.

Despite the team averaging an impressive 17 goals per game, freshman field player Nate Fernandez stated that the primary focus is always to prevent the opposing team from scoring.

"One of our main goals is not to focus on how many we score, but how many they score," said Fernandez, who led the team with seven goals vs. Santa Ana. "We always want to hold them to at least under six or under seven."

Teammate field player Giorgi Kartvelishvilli agreed: "every game starts with defense ... we practice 60 percent defense and 40 percent offense so that we'll be ready."

The Monarchs showed no ill effects in the second game of the back-to-back vs. Cerritos, again jumping out to a double-digit, 14-4, lead by halftime and swamping the Falcons by a 25-7 final, marking Valley's highest point total of the season.

"We're 10-3 on the season now, and we're off to a pretty good start," said Coach McMillan. "But, we haven't achieved our goal yet."

According to freshman field player Arman Momdzhyan, that goal is to be conference champions at season's end.

"We're not aiming low, we want to go all the way," said Momdzhyan. "No one has won the the conference in [Valley's] history. That's definitely the goal, winning conference."

The Monarchs will look to build on their success at the Cal Lutheran Tourney on Oct. 15, where they will play two games, and then return home Oct. 17 to face the Mount San Antonio Mounties at 12 p.m.

Foundation supporting Monarchs needs support

■ **The Los Angeles Valley College Foundation is seeking donations from former Monarchs to help students receive scholarships for their studies.**

BY AMANDA CAVARRETTA
STAFF WRITER

It started with a group of women munching on crumpets, sipping tea and asking for donations, and during the last 12 years, The Los Angeles Valley College Foundation has handed out $1.3 million in stipends and scholarships to students.

The foundation was originally a ladies high-tea club, where members were soliciting donations for students. It was during their afternoon tea, the ideas of fundraising for the college started.

According to officials, the club had a very grass roots feel until the 1990's. That's when former dean, Dennis Reed stepped in and helped move it toward modernization.

"Their mission was very genuine. They wanted to help out the students with college," said Raul Castillo, executive director of Valley College Foundation.

Because of the uncertainty surrounding state funding, it's crucial for community colleges to fundraise and ask for donations. Castillo encourages faculty and staff to fundraise for their clubs, programs, and hopefully for the school.

"If you are enjoying your community college experience now, it might not be there tomorrow, said Castillo. "The state continues to cut funding."

Another challenge for community colleges is establishing an alumni association. Because community colleges used to function differently, alumni's were not part of the school's culture. When students graduate from a UC or a CSU school, it is embedded in their mind to give back to the college. Valley students don't have that way of thinking.

The Los Angeles Valley College Foundation is making a point to reach out to students by forming an Alumni Association. They want to reconnect former students with Valley, and ask to give back to the college.

Last year, the association awarded Valley students over $170,000 in scholarship and stipends. The year before that, over $160,000. The foundation doesn't limit themselves to just scholarships. They also seek grants from private foundations, state agencies, and corporate foundations to help out with different campus programs and projects.

"We are very fortunate to have consistent donors," said Castillo. "Hopefully one day, Valley doesn't need to rely on the state [for funding]."

Students who are seeking scholarship and grant opportunities may visit The Los Angeles Valley College Foundation office in early January.

The Los Angeles Valley College Foundation is reaching out to students, their families, and the public for their support and donations.

"There are a lot of opportunities to contribute to the growth of Valley College, not just now but for the future," said Castillo.

For contributions and donations, visit www.lavcfoundation.org or call (818) 947- 2618.

Ebola: Keep calm and carry on

■ **Americans are wary of an outbreak; the Center for Disease Control says the coast is clear. For now.**

BY MARIA VÁSQUEZ
NEWS EDITOR

The first case of Ebola diagnosed in the United States was Thomas Eric Duncan, a 42-year-old Liberian native. He passed away on October 8 at Texas Health Presbyterian Hospital. Nina Pham, a 26-year-old nurse who took care of Duncan, has become the first person to contract the disease in the Unites States.

The outbreak of Ebola in West Africa has been the worst on record. According to the World Health Organization, there were two outbreaks of Ebola in 1976, killing 602 people. This time, more than 4,000 people have died so far, mostly in Guinea, Sierra Leone, and Duncan's home country, Liberia. According to WHO, these countries are the most affected because they "have very weak health systems, lacking human and infrastructural resources, having only recently emerged from long periods of conflict and instability."

As more people die from Ebola, many are concerned about contracting the virus. The Center for Disease Control states that Ebola symptoms include "fevers greater than 101.5°F, severe headache, muscle pain, weakness, diarrhea, vomiting, abdominal pain, and unexplained bleeding or bruising." WHO states that the virus can spread "through human-to-human transmission via direct contact ... with the blood, secretions, organs or other bodily fluids of infected people, and with surfaces and materials (e.g. bedding, clothing) contaminated with these fluids."

The Washington Post wrote, "nearly two-thirds of Americans are concerned about a widespread Ebola epidemic in the United States." The chances of an epidemic occurring in the United States is very low. Dr. William Schaffner, a professor of preventive medicine and infectious diseases at Vanderbilt University Medical Center in Nashville, Tennessee, says that "the death rate would be lower in the U.S." if Ebola were to become widespread in the United States. "The mortality rate from the virus would likely be lower than it is in West Africa." This is based on the quality and availability of health care in the United States compared to West Africa.

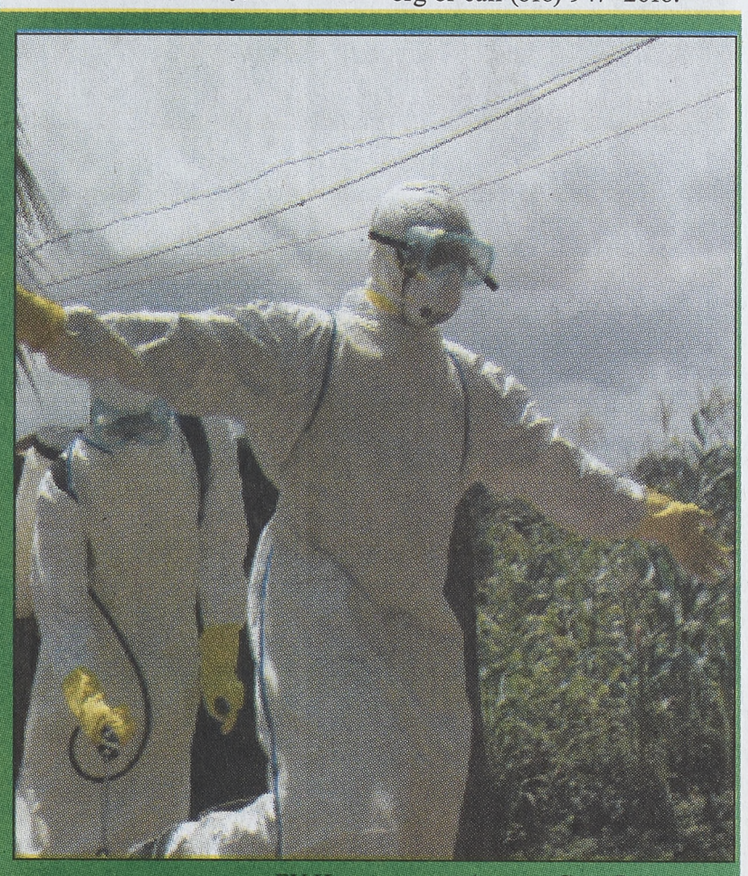
"We know that even in Africa, [the] mortality rate is very different if you're able to get care versus if you're not able to get care," said Dr. Saul Hymes, a pediatric infectious-disease specialist at Stony Brook Children's Hospital in New York.

Though there are very hard facts that Ebola cannot spread throughout the United States, there might be some students at Valley College concerned with what could happen if an outbreak did occur.

"If a student [or staff] contracted Ebola, I would hope faculty calls the CDC and [Valley] is shut down until it is cleared that it is safe to be on campus," said Nancy Mendez, a 19-year-old criminal studies major.

Despite the fact that Ebola has been in the Unites States for almost a month, Valley does not have a plan of prevention.

"I currently don't have any information," said Valley College president Dr. Erika Endrijonas. "If we are doing any sort of prevention, treatment, education plan... I don't know that we are."



EU HUMANITARIAN AID AND CIVIL PROTECTION

CONTROL - Humanitarian workers take precautions in Sierra Leone.

About THE VALLEY STAR

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Monarchs cleaning up campus

■ **Valley College football players spend an afternoon cleaning the campus as a service to the community.**



JAY GILLILAND, PHOTO EDITOR/VALLEY STAR

BYE WEEK- Valley football team shows school pride picking up trash on campus on Thursday after practice.

BY KEVIN BUCKLES JR.
SPORTS EDITOR

The Valley College football team left their pads, helmets, and cleats behind Thursday afternoon as they tackled campus cleanup.

After concluding practice, the 3-2 Monarchs split up into three groups, gathered up trash bags, and circled the entire school to pick up any trash or debris that they spotted.

"We are just trying to do a good deed," said freshman linebacker Jahdiel Lane. "We want to represent our team well off the field too."

The idea for a campus cleanup derived from Head Coach Juan Navarro and his time spent coaching at universities in the past, according to the team's strength and conditioning coach James Sims.

"Coach [Navarro] comes from a lot of DivisionI schools like Miami (Fla.) and FIU (Florida International University), where the teams did a lot service in the community," said Sims. "He's just passing down the love he learned there, to us at Valley."

About 80-90 players participated in the half-hour effort, and the exuberant bunch made the most out of what most would deem a tedious task.

The team laughed, joked, and enjoyed each others' company all while picking up seemingly every piece of litter in sight, even approaching students, asking if they needed to dispose their trash for them.

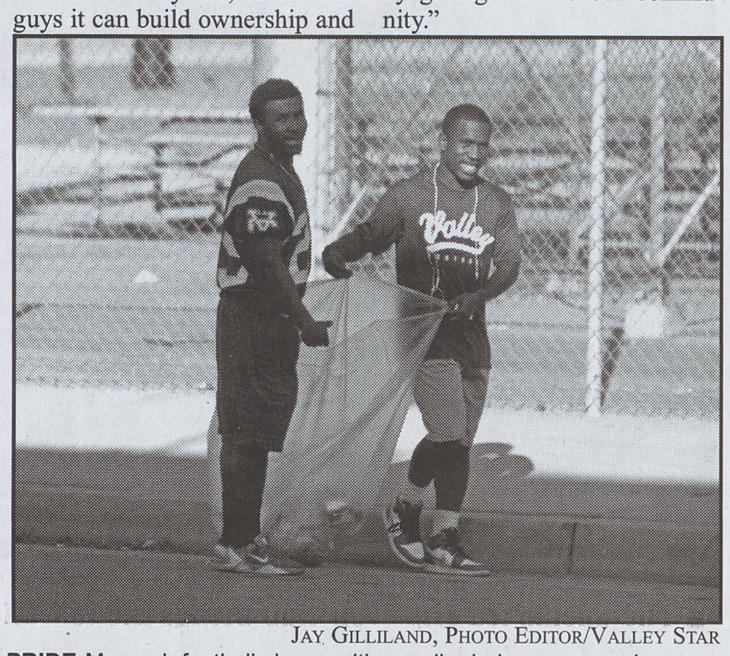
"During a bye [week], it's always nice to get guys healthy and fresher, but we like to see it as an opportunity to come together," said Navarro. "When you have a team compiled of guys from 27 different states that haven't been around each other for that long, you have to find a way to mesh and this is a great way."

The head coach mentioned that the exercise would not only build camaraderie within his team, but also character.

"We are all members of this community too, so for our guys it can build ownership and awareness. They can be on campus and remember this day and see a piece of paper on the ground and pick it up."

The deed also serves as a way to pay homage to the school for their support and funding for the football program along with endorsing the product they put out on the field, according to Navarro.

"It's a way to invite people to embrace our program," said Navarro, "...and a way to say a big thank you to our institution by giving back to our community."

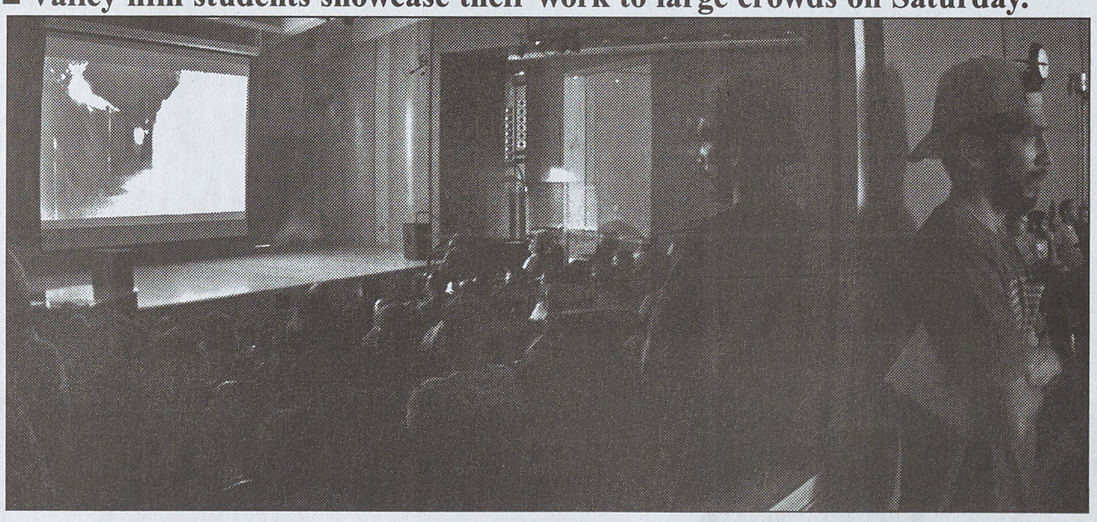


JAY GILLILAND, PHOTO EDITOR/VALLEY STAR

PRIDE-Monarch football cleans with a smile during campus clean-up.

Student shorts draw big

■ **Valley film students showcase their work to large crowds on Saturday.**



JAY GILLILAND, PHOTO EDITOR / VALLEY STAR

STANDING ROOM ONLY - Monarchs turned out in force to support the Annual Student Screening.

BY AMANDA CAVARRETTA
STAFF WRITER

The Music Building's Recital Room was packed as 106 films premiered Saturday at the Annual Student Screening held by the Media Arts Department.

Faculty, friends, and family joined Monarch film students in a standing-room-only event for their debut on the big screen. Cast and crew members also came to support the students' films.

Anticipation built for film student Laura Manning, director of "Misplaced," while she patiently waited for her film to be screened.

"I was really nervous about how my movie would be perceived by the audience," said Manning. "It was awesome that so many people came out for the event."

The event began screening the films created by the advanced Cinema 123 students. Following these 5-6 minute films were the 1-minute films created by Cinema 101 students.

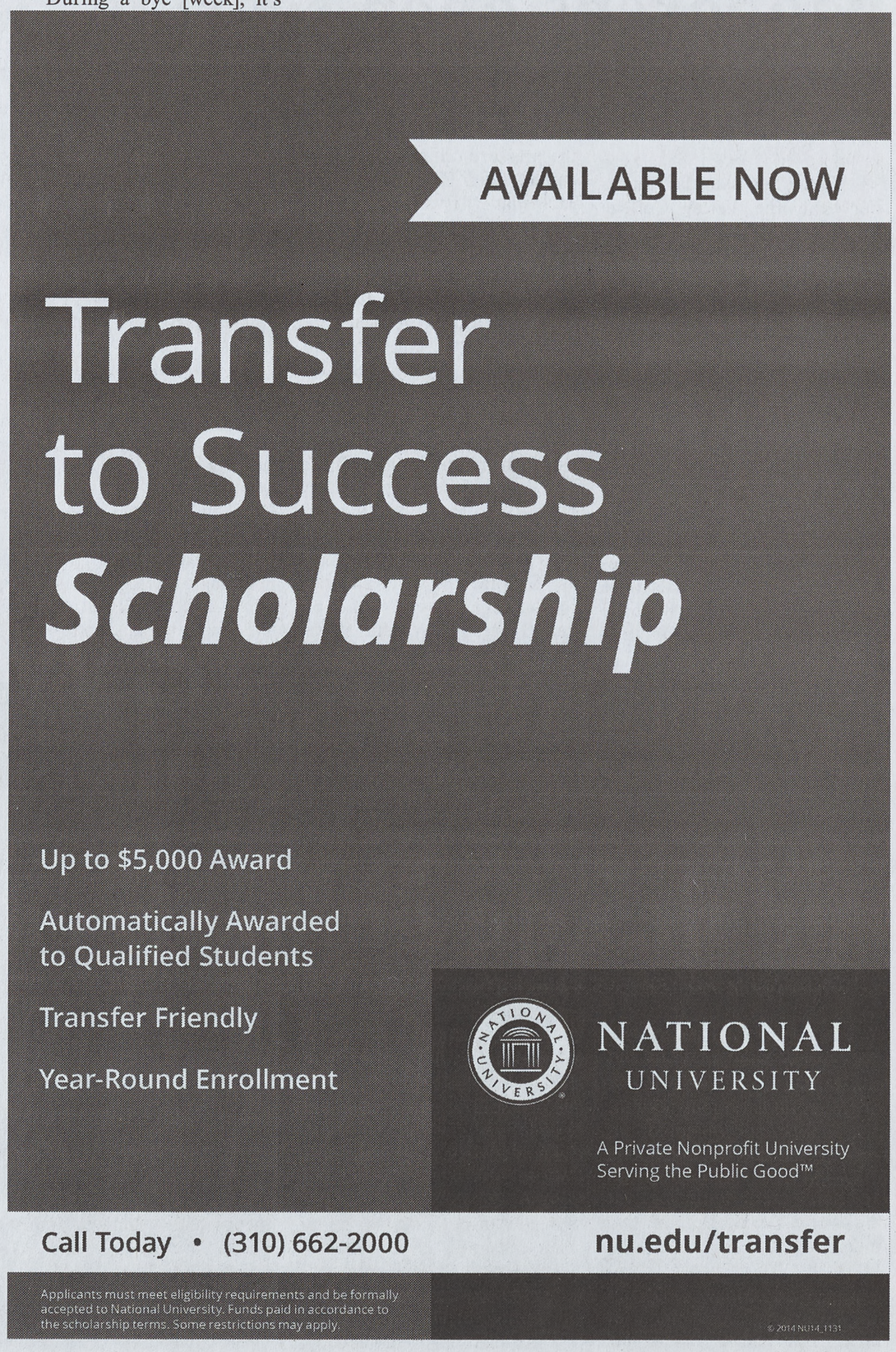
Two films that were received especially well by the audience were "10-4," created by John Davison, and "Watch Me," by Kristof Schafer.

The film "10-4" showed a young teenager getting pulled over by a police officer. As the officer approached him and asked for identification, his phone started to ring. The teen reached for the phone, but the cop thought he was reaching for a gun and shot him. The teenager's mother was calling.

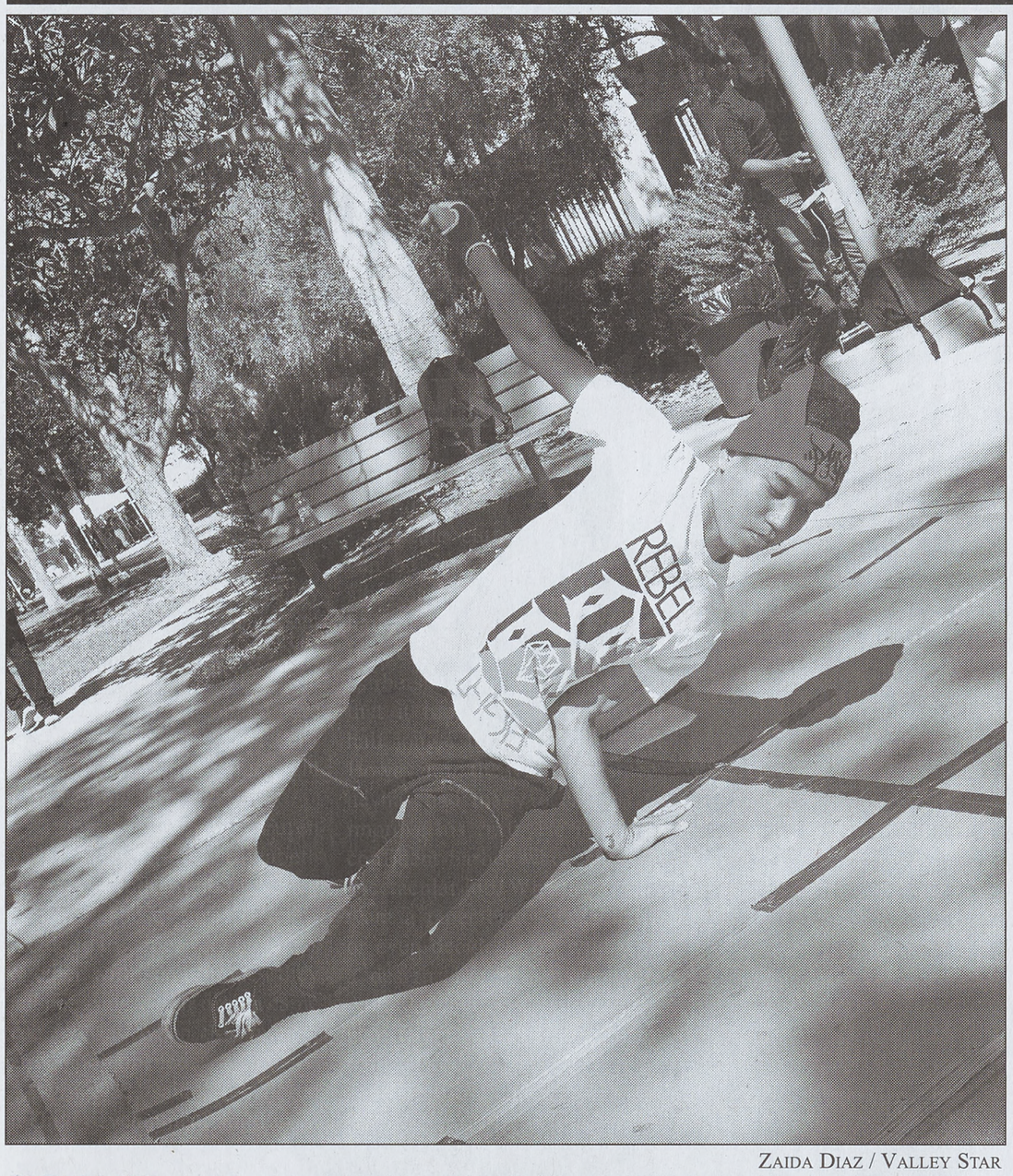
"Watch me," is about a girl sitting in a security room where she receives a tape that says 'watch me' on it; the tape showed someone getting kidnapped. As she watches the video, someone comes in and kidnaps her.

After both films, the audience gave an overwhelming applause.

"All the films were done really well,"said Media Arts professor Arantxa Rodriguez. "I was so proud. It was a great turn out."



VALLEY LIFE



ZAIDA DIAZ / VALLEY STAR

BREAK DOWN - April Bautista springs into action with a "hand glide" in front of the Campus Center.

Pop and lock 'til you drop

■ The uncharted Hip-Hop club brings life to Valley campus, with rhythm.

BY ZAIDA DIAZ
STAFF WRITER

Every Tuesday afternoon, students walking through Monarch Square can faintly hear echoes of rhythmic beat patterns. As they move closer to the campus "horseshoe," the liveliness of the music amplifies. Here, they witness the resurgence of a culture as b-boys move their bodies to fit different styles of "breakdance." These enthusiastic and gifted practitioners compromise Valley's Hip-Hop Club.

The Hip-Hop Club was started in 2010 with the intent of uniting different elements that characterize this culture, including rap music, beatboxing, popping, and breaking.

"I decided to create a club in order to provide a stable meeting spot where all of the elements of hip-hop could come together," said club leader and philosophy major Sam Key.

On a Monday afternoon in the fall of 2010, Key and business management major Edwin Martinez decided to perform at Valley in order to draw in students and ultimately get them to join the club.

"We went out to the Home Depot, bought a piece of linoleum and started getting down [breakdancing] in front of the CC building," said Key. "By the end of the day we had about 40-50 people who wanted to join the Hip-Hop Club."

Today, the club is unchartered. However, that has not stopped members from celebrating their love of music and dance. The club provides a friendly and supportive environment for students looking to immerse themselves in hip-hop culture.

Nursing major April Bautista, has been a part of the club for about a year and a half. "I love dancing," said Bautista. "Joining the club makes me feel like I can meet more people with similar interests."

Club members enjoy teaching and collaborating with one another; their passion and eagerness often attracts crowds of students.

"It's really nice to see other people expressing themselves through dance," said psychology major, Vannarae Kruse. Kruse often observes the club practice and perform.

"When they fall, they get back up . . . I like their community, everyone is always cheering each other on," she said.

Monarchs are always encouraged to join in and do a few moves. You can catch the Hip-Hop Club on Tuesdays from 12-3 p.m. in front of the Campus Center.

CAMPUS STREET STYLE

Soccer for fun, fashion for life

■ Aspiring makeup artist and recreational soccer player has her own style.

BY KADI AGUILAR
STAFF WRITER

Jazmin Magana, 17, uses her mix of simple and chic wardrobe to display her exceptional style both on the soccer field and on campus.

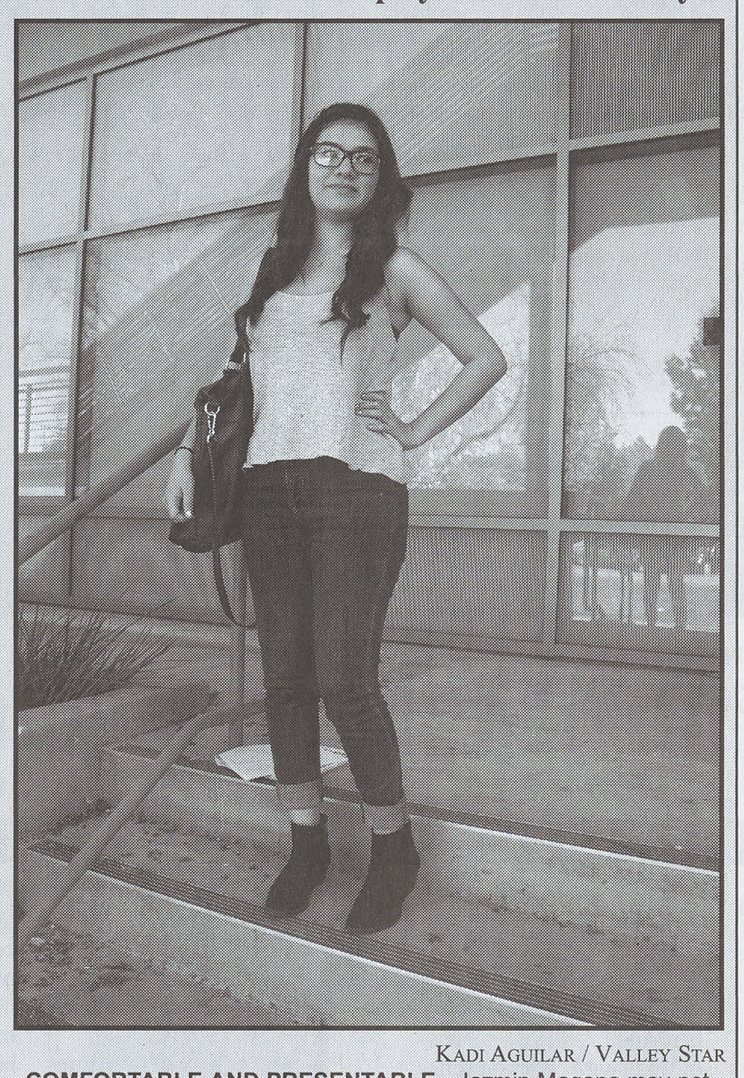
This aspiring make-up artist and recreational soccer player is influenced by Kylie Jenner and would love to one day work beside Michelle Phan, an American make-up demonstrator and entrepreneur who got her start on YouTube.

Her major is undecided, but she knows what she likes. One of her favorite stores is Forever 21 and she pulls fashion inspiration from posts on Instagram and Tumblr that help her discover the latest trends and find out where her favorite celebrity fashionistas shop. She keeps track of her top three style icons, Kylie Jenner, Jessica Alba, and Vanessa Hudgens, via social media.

Magana loves the Westfield Topanga Mall because of its variety of shops. Her favorite fall/winter trends include knit beanies, colorful scarves, and large black coats. She believes in dressing up in cute and stylish outfits, as opposed to wearing modern day campus comfort.

"Be comfortable, but also be presentable," said Magana.

In her free time, Magana is either catching up on trends by reading Seventeen Magazine's latest issue, watching both the "Star Wars" trilogies, listening to her favorite band, Arctic Monkeys, or enjoying her favorite book, "Divergent."



KADI AGUILAR / VALLEY STAR

COMFORTABLE AND PRESENTABLE - Jazmin Magana may not have a major yet, but she knows something about casual chic.

"I saw "Divergent," but didn't really like it because the book and movie didn't correlate as well as "The Hunger Games" for example, but I felt that Shailene Woodley portrayed the character really well," said Magana.

On top of it all, she also plays soccer. She was introduced to the sport during her freshman year of high school. She enjoys rooting for Real Madrid and was disappointed after Brazil was eliminated from the 2014 World Cup.

To see more of this sporty fashionista's latest style, you can follow her on Instagram: @jaz__mag.

Valley alumni barbershop is a "Cutz" above

■ Ex-Monarchs fulfill dream by opening business.

BY JULIEN METZMEYER
STAFF WRITER

Students trying out Valley Cutz don't have to worry about Henry Fonda's advice in "My Name Is Nobody:" "When you get a shave and cut, make sure the right man wears the jacket." Barber Pablo Lopez is the right man wearing the jacket.

Lopez's partners, Euren Balbuena, 23, and Elizabeth Cruz, 24, both went to Valley College. These three friends decided to open a business together with some money they had put aside. Their dream came true in May when this modest barbershop opened.

Cruz, 32, said, "I majored in child development and I even worked in that field, but I never loved it ... I always wanted to have my own business, and cutting hair is something I always took pleasure in."

After the customer gets comfortable in one of those old-school leather chairs for a shave, Lopez brandishes a razor one might see in a western. Anyone who enters the shop will sense good vibrations as if the Beach Boys are singing in the background.

While cutting hair, Lopez can be coaxed into telling the story of the first time he gave a haircut when he was learning his future trade at the Art Academic Barbershop. He was so nervous that it took him an hour and half longer that it should have. However, in the five years since, he has had many occasions to improve his craft. He is now a confident barber who can do a spectacular job. Whether clients want a taper cut, a faux hawk or even decide to go wild with a design, Lopez is your man. And like any respectable barber, he offers a clean shave or just a trim as well.

The little, four-month-old barbershop still needs some work in terms of design and decoration. There is a dusty pool table in the back of the shop, as well as a foosball table located in the front for anyone willing to challenge the barbers to a little game - a good way to find out if they are as good at foosball as they are at cutting hair.

"I want to go back to Valley part-time and major in art and use it for the business," said the ambitious Balbuena.



JAY GILLILAND, PHOTO EDITOR / VALLEY STAR

I DREAMED THIS - Elizabeth Cruz (background) says she had set a goal to open her own business by age 25. She made it.

These three young entrepreneurs are very friendly and will treat you like they've known you forever. And Monday through Wednesday, after showing a school ID, a haircut will only cost a student $16. Because of the team's excellent customer service, professionalism and passion, they'll likely have no problem keeping customers happy.

Valley Cutz is located at the corner of Burbank and Woodman. There is parking in the back.

MOVIE REVIEW



FOX SEARCHLIGHT

I'M BIRDMAN - Michael Keaton plays a washed-up actor haunted by his most famous role in "Birdman."

"Birdman" a beautiful disaster of wonder and hope

■ **"Birdman" flies high with amazing performances.**

By Jasel Rico
Staff Writer

"Birdman" will have viewers soaring with very intense emotions, from feeling suspense to being scared of our own failures.

An aging actor, Riggan Thomson (Michael Keaton), tries to shed his previous mega-hit movie persona - "Birdman." In the process of trying to stay relevant and produce a play on Broadway, he deals with his ego and how his cast interacts intensely with one another while trying to be pleased with how they see themselves on- and offstage.

This dark comedy gives a glimpse of the theater life and what goes on behind the curtains . Each cast member struggles to find acceptance in their performance, seeing how far their boundaries can be pushed while trying to stay sane. Their relationships offstage are taking a backseat. Riggan is dealing with daughter-daddy issues with Sam (Emma Stone) as she now has a job as his assistant, having just gotten out of rehab.

Riggan constantly argues with his Birdman persona, now becoming his conscience . And the more Riggan pushes it away, the harder the struggle of letting go of his most famous character gets. Trying to find the balance between it all is a struggle among his ego, his family, and himself.

Keaton delivers an outstanding performance that will be remembered, come Oscar season. His portrayal of this complex and confused character shows the effects of getting older in the business and wanting nothing more than to make something of his career. Edward Norton plays co-star Mike, who pushes the boundaries of Riggan's acting and himself. Norton delivers an all-too-real performance on stage, adding depth to each of his scenes. Mike can't make love to his co-star girlfriend (Naomi Watts) in life, but onstage tries to push her for a "real performance" in a sexual scene, humiliating her. Their lives are all missing the feeling of being secure with themselves and their loved ones, causing each to feel alone.

The movie is a beautiful disaster of wonder and hope. We root for Riggan to succeed in not only his play, but personal life as well. Deep rhythmic drums playing throughout the film enhance the intensity of each scene. Director and co-writer Alejandro González Iñárritu allows us to see a unique perspective behind the scenes of theater life.

Viewers are left wondering, if you stop focusing on your own ego, will people see you for who you really are?

"Birdman" *opens in theaters October 17*

Rated R for language throughout, some sexual content and brief violence

5 Stars out of 5



FOX SEARCHLIGHT

I'M BIRDMAN - Actor Michael Keaton and director Alejandro González Iñárritu on the set of "Birdman."

Valley's new food truck with a Middle Eastern twist to it

■ **Falafelicious brings healthy options at great prices to campus food truck scene.**

By Kyla Hulett
Staff Writer

A new food truck at Valley College offers low priced, healthy alternatives to satiating students' appetites while on campus.

Students attending class on the south side of campus might have noticed an unfamiliar food truck parked in front of the Allied Health and Sciences Center. This newcomer, Falafelicious, belongs to Ofir Bass.

He is no stranger to the game of traveling cuisine and we are lucky to have him grace our campus. Not only has he been a restaurant owner, but

'Food' *continued from page 5*

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OPINION

Rocky mountain low for scholastic freedom

■ **Students lead the resistance to a conservative attempt to revise AP U.S. History curriculum in Jefferson County (Colo.) schools. What's the big deal?**

BY JULIEN J. METZMEYER
STAFF WRITER

A proposal from the conservative majority of the Jefferson County Board of Education, led by member Julie Williams, would alter the advanced placement U.S. history course to "promote citizenship, patriotism, essentials and benefits of the free enterprise system, respect for authority and respect for individual rights. Materials should not encourage civil disorder, social strife or disregard the law and should present positive aspects for the United-States and its heritage."

Students object to this extreme conservative agenda. It is no surprise that the Republican National Committee and the Texas State Board of Education have criticized the AP course's framework being taught for the first time this year - apparently it gives greater attention to Native Americans but downplays the settlers' success in establishing a new nation.

The framework dares to mention the Black Panthers. If a student is taking African American Studies at Valley College and there' is nothing about the Black Panthers because it was judged too controversial, what would their reaction be? The Republican National Committee wants to try to change the history course to better suit their views. The students would have no room for critical thinking, which is what school is for, and to form future perspicacious citizens and not robots.

If that proposal sounds familiar, Ms. Williams copied it from a failed 2005 Texas bill that would have restricted the content of state textbooks. The next time Ms. "Duck Dynasty" as her family likes to be called, steals someone's proposal, she should choose one that succeeded. The proposal poses a direct threat to the academic integrity of Jefferson County's AP history courses simply because students need to hear multiple points of view and not just one side of the story like the "bad Indians" versus the "good white men."

Students need to learn this principle and simply learn the truth, even if the truth means admitting America was wrong at some point in history.

"The history that has been taught in the country for generations has an emphasis on race, gender, class, ethnicity, grievance and American-bashing," said Williams. "When it comes to history, I believe all children graduating from an American school should know three things: American exceptionalism, an understanding of U.S. History, and know the Constitution."

Honesty permitting, this country has been built on the world's longest Holocaust in the history of mankind: the genocide of the Native Americans. About 12 million lives were lost, according to Ward Churchill, a professor of ethnic studies at the University of Colorado. That's without mentioning this country's enslavement and exploitation of the entire visible spectrum of race: Blacks, Hispanics, Asians, Indians, Native Americans, Irish, Italians, Jews, Poles, Swedes - basically anyone that did not fall into a very specific, contemporaneous vision of the "true American."

Attitudes have changed to a large degree, but it is important for the next generation that they know how this country was built and what this country did wrong. Those who do not know history are doomed to repeat it.

As for promoting "respect for authority" and "discouraging civil disorder," it seems Ms. Williams never heard about the Boston Tea Party, the American Revolution, Women's Suffrage or the Civil Rights movement. All were successful, not by respecting authority and practicing placidity, but through angry protest and civil disobedience.

This country is full of examples of historical figures who, at some point, decided to defy authority. The Sons of Liberty, Rosa Parks, Malcolm X, Martin Luther King Jr. are just a few people who decided that a law, at one time, was unfair and wanted to change it to make this country a better place.

This is exactly what those students are doing and it seems to work; a compromise proposal has been voted earlier this month after two weeks of protest. The patriotic language has been dropped; the resolution still creates a committee to review course materials but promise to involve more students, teachers, and community voices.

It is a small victory, but a victory nevertheless, and this is what this country is about. Ms. Williams seems to misunderstand that a true patriot is willing to question authority- especially the government. This is our right as Americans, as defended by the 1st Amendment, and Ms. Williams simply wants to take that away from us, and that is un-American.



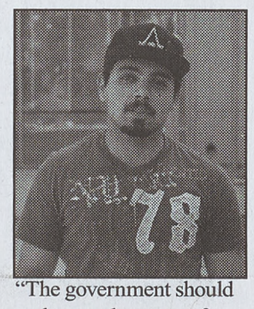
BRENNAN LINSLEY / ASSOCIATED PRESS

PROTEST- Students protest changes in Colorado's history curriculum preferring truth over patriotism.

CampusView

PHOTOS BY Agustín Ángel Flores

After the first Ebola virus death in the U.S., what action should the government take to prevent the virus spreading in the country?



"The government should make people aware of the virus and increase funding to find a cure for future outbreaks."

- Harutun Khahatryan/ Radiology major



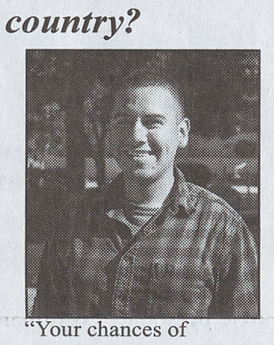
"They should study the virus and raise awareness on how to prevent anyone else from getting it."

-Darlin Soltero/ Business Administration major



"They should restrict access to the United States for the time being"

-Arlen Adjamian/ Nursing major



"Your chances of catching Ebola are the same as AIDS. I feel the severity of Ebola in the U.S. has been exagerrated by the media "

-Frank Cruz/ Law major

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—Makayla, Liberal Arts student

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'Food'

continued from page 4

he runs a catering business and has another Falafelicious truck stationed at the Pierce College campus.

The food's eccentric taste revolves around authentic, very aromatic imported Israeli spices. All the ingredients are fresh and never frozen. Their most popular items are the Garlic Lemon Pita and, my favorite, the Schnitzel Pita. Their Tahini is out of this world and they might have the best Shawarma this side of the Atlantic.



AUGUSTIN ANGEL FLORES / VALLEY STAR

PITA- Valley students find food and refreshments at the catering truck parked between the Allied Health and Business Journalism buildings.

Shannon Whittet, 21 yr old Microbiology major, trying the food for the first time, said, "the Garlic Lemon Chicken Pita tasted like a gift from the heavens. It melted in my mouth and has me smiling from ear to ear!"

Although most food-truck contracts only last a year at Valley, Bass is hoping to have one of his trucks featured on numerous campuses of the Los Angeles Community College District in the near future. Not only do they offer mostly healthy options, aside from their ridiculously delicious cookies, but everything on the entrée menu is only $5. Bass understands students' struggle of being hungry on campus, explaining the prices.

"I know how long some students are on campus every day and it doesn't make sense them having to pay $7 or $8 twice a day just to stay full. I care about providing healthy, energizing fuel to them at a good value for the price. The portions are big but not too much and won't make them feel sluggish after eating it," said Bass. "Plus, having the same prices gets the line moving quickly and more than 10-minute wait times are non-existent. It's great for business and great for the students who don't have a lot of time in between classes."

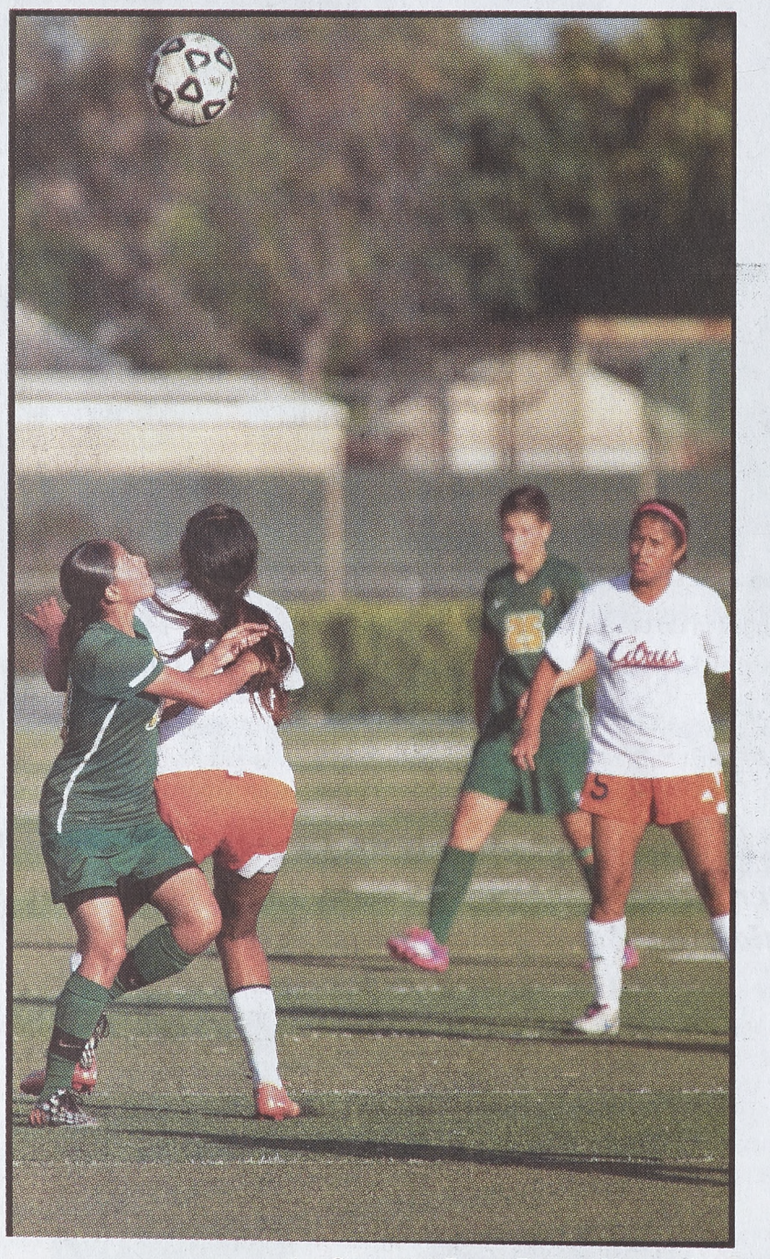
We are already a few weeks into the semester and Monarchs might have already burrowed into their old habits of visiting the truck near the library every day, but better late than never, right?

The Falafelicious truck can be found in front of the AHS building Monday - Thursday from 7:30 am-7 p.m.

WOMEN'S SOCCER

Citrus is sour for Lady Monarchs

■ Owls midfielder's hat trick drops Valley to .500, and drops ladies in green confernce record to 0-3-1.



JAY GILLILAND, PHOTO EDITOR/ VALLEY STAR

BOXING OUT - Lady Monarchs midfielder Lupe Ramos getting ready to head the ball against Citrus College, in their 3-0 home defeat

BY JORGE BELON
EDITOR IN CHIEF

Citrus College Owls midfielder Cindy Ramirez' hat-trick show left Valley College with a bitter taste in their mouth, by defeating Valley 3-0 on a windy Friday afternoon at Monarch Stadium.

"We need to figure things out quickly," said a concerned Valley Head Coach Greg Venger, after losing another conference game and dropping to 0-3-1 in the conference and 5-5-1 overall. "You know four games into conference and going 0-3-1 is not going to settle it. This is a team that had the aspiration of finishing in the top three in the conference. The good news is that we still have six-to-seven games left, but they need to buy into the system and they need to buy into each other quickly."

The start was rough for the Lady Monarchs, as their offense was suffocated by the physical Citrus defense. The Owls took over the midfield and left Valley forward Adriana Calderon and midfielder Miriam Ramirez chasing down hopeful long balls for almost the entire game. Calderon's speed became ineffective when the Owls placed a defender on her at all times, never allowing the leading Monarch scorer a second alone.

Citrus began to generate multiple attacks on the green shirts' back line. The Owls took five of their 13 shots in the first half. Ramirez punished the Lady Monarchs, by scoring the opening goal in the 40 minute of the match, to give Citrus the 1-0 lead right before the break.

In the second half, Valley slowly began to pick up momentum but still failed to produce any dangerous chances. As the minutes passed and the ladies in green failed to tie the match, the Owls picked up the pace offensively and defensively as Ramirez added two more goals.

Her goals came at the 60th and 68th minutes, as she displayed sound footwork in tight spaces. She weaved around multiple defenders in Valley's penalty box before placing the ball at the back of the net to give Citrus the 3-0 lead. In the final 10 minutes, the ladies in green would finally get their offense rolling, but failed to get their final six shots on target. Every shot sailed over the cross bar or just wide of the post, giving the Owls the 3-0 road victory.

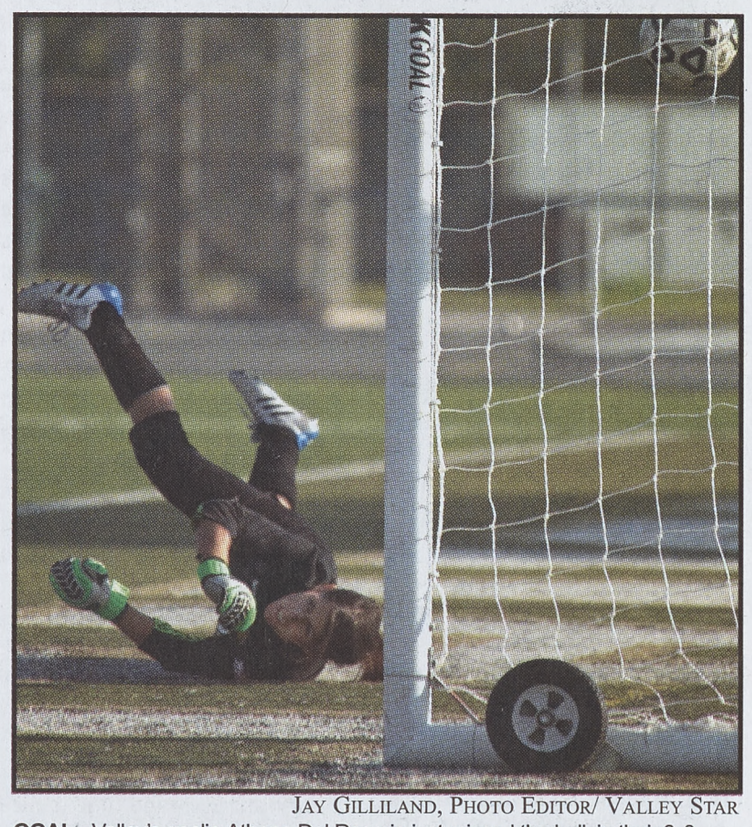
"Our chemistry is the key," said a frustrated Valley midfielder Ramirez, after the Monarchs dropped their fourth out of the last five games. "That is really the only thing stopping us, because we have had so many injuries, and when players return, our timing is off. But I do think this team can turn it around, that is the reason why I came here."

Valley will now a four game road trip. Their next home match will be against Antelope Valley College on Tuesday, Oct. 28 at 4 p.m. in Monarch Stadium.

WOMEN'S SOCCER

Lady Monarchs hitting the road

■ Valley will embark on a four game road trip starting Tuesday and they need some good results.



JAY GILLILAND, PHOTO EDITOR/ VALLEY STAR

GOAL - Valley's goalie Athena Del Rosario just missed the ball, in their 3-0 defeat at Monarch Stadium against Citrus College on a Friday afternoon.

BY JORGE BELON
EDITOR IN CHIEF

The Lady Monarchs start on Tuesday, will begin the longest road trip for the season. Due to the complex process of making the playoffs in the Southern California Community College Region, Valley will be forced to get results on the road if they want to experience the post-season for the first time in the program's history.

In the four-game road trip, the ladies in green will compete against West Los Angeles College on Tuesday, square off against Glendale Community College on Friday, and then face Bakersfield College on Tuesday, Oct. 21. Valley will end the trip with the pivotal rematch against the Santa Monica College Corsairs, fifth ranked in the South California Region, on Friday Oct. 24.

Valley started the season on fire with a 5-2 record, but they stumbled at the start of conference play and are now a disappointing 0-3-1 in conference and 5-5-1 overall. That record has the Lady Monarchs sitting in seventh place of the Western State Conference South Division (WSC), and 36th in the South Region; their placement has them 18 spots away from the final playoff birth.

The only way for the ladies in green to automatically make the post-season is if they win the WSC South. However, it would take a meltdown of Chernobyl-like proportions for Citrus College (12 points), Santa Monica College (10 points), and College of the Canyons (10 points) to lose control of the group, since the three teams are in a heated race for first place. Valley can squeak into the playoffs by letting the boss teams in the division hear them roar: Pulling out victories against Santa Monica, Citrus and Canyon would be tremendously valuable in the complex power-points system. No problem.

Although victories against West LA, Glendale and Bakersfield will boost the Monarchs record and build momentum, it will not increase their chances of making the playoffs since the colleges are not high-ranking teams in the Southern California Poll. The deciding factor of the road trip will be Valley's final match against Santa Monica. If the Lady Monarchs fail to get a victory against the Corsairs, they will need to beat Canyon and Citrus on the road later in the season to keep their post-season dreams alive.



JAY GILLILAND, PHOTO EDITOR/ VALLEY STAR

FOOTWORK - Monarch midfielder Lupe Ramos controls the ball under pressure, in Valley's 3-0 lost against Citrus College on Friday at Monarch Stadium.

FOOTBALL

For opponents, green means stop

■ Despite a 3-2 record, Valley is making opponents pay to move the ball, especially in the air.



JAY GILLILAND, PHOTO EDITOR/ VALLEY STAR

HARD HITTING - Monarchs linebacker's Korey Giles and Kazon Edwards bring down Mt. San Jancinto College running back Eddy Williams at Monarch Stadium.

BY KEVIN BUCKLES JR.
SPORTS EDITOR

A dynamic and downright dominant unit. The best bunch in the state thus far. The Monarchs' defense has arrived.

Five games into the 2014 season, Valley College's football team has won three of their first five games, thanks in large part to the outstanding play of their defense.

The Monarchs currently sit atop the throne, ranking No. 1 out of 69 teams in the state in total defense, yielding just 206.8 yards per game —a monumental improvement from last season's 393.4 yards per game (No. 38).

"We are the best defense in the state, that speaks for itself," said freshman defensive lineman Raveon Hoston. "People can keep doubting us if they want to but we are going to go out and keep showing what we got."

Opposing offenses have been stifled as the mean, green unit has only conceded 13.2 points per game. Even in Valley's two defeats, the defense only allowed 20 points total, an average of 10 points per game.

The group has been particularly stellar against the pass, also ranked at No. 1. In fact, they are the only team in the state to surrender fewer than 100 passing yards per game, with just 96.4 allowed.

"Our defense is official," said freshman defensive back Stanley Dockery. "Everybody is contributing: the defensive line, the linebackers, the secondary, everybody. We're all doing this together."

Dockery also lauds Head Coach Juan Navarro for the squad's rapid ascendance.

"Coach [Navarro] is the main reason for our defense," said Dockery. "He always puts us in the right positions to make plays and be successful together."

The first-year head coach experienced similar success last season as the defensive coordinator for t he Pierce College Brahmas, when he led them to a fourth-ranked finish in total defense. Since Navarro's departure however, the Brahmas have suffered a catastrophic drop this year, plunging to 64th, further highlighting the coach's impact on both programs.

Though the Monarchs are running the same 4-3 defensive scheme as last season, Coach Navarro credits the team's improvement on the system maximizing the players' athleticism, and allowing players to be put in the right positions to succeed.

"The kids bought into the system, have taken to the coaching, and learned what it really means to prepare," insists Navarro. "Rankings don't matter; it's the fact that [the players] responded. For a team that's been together just 90 days, the fact that they have responded well is what is important to us."

The Monarchs will look to continue their defensive success as they begin their second half of the season this weekend against the Santa Barbara Vaqueros. According to Hoston, there will be no letup.

"We call ourselves the green light," said Hoston. "When we step out on the field, we just go and never stop."

Calendar

Football:
Saturday Oct. 18 vs. Santa Barbara Vaqueros 6 p.m. @ Valley, Saturday Oct. 25 vs. Santa Monica Corsairs 6 p.m. @ Valley

Women's Soccer:
Friday Oct. 17 vs. Glendale College 5 p.m. @ Glendale, Tuesday Oct. 21 vs. Bakersfield College 4 p.m. @ Bakersfield, Friday Oct. 24 vs. Santa Monica 1 p.m. @ Santa Monica, Tuesday Oct. 28 vs. Antelope Valley 4 p.m. @ Valley

Men's Water Polo
Friday Oct. 17 vs. Mt. SAC 3:30 p.m. @ Valley, Thursday Oct. 23 vs. Cuesta 3:30 p.m. @Valley, Fri-Sat. Oct. 24-25